

Track Stars

Need a bit of digital motivation to get up and move more? Try a stylish, functional personal activity tracker to help you become more mindful of your movements, week after week! Here are four of our top picks.



1 Polar Loop

Sturdy yet lightweight, one of the most unique factors to Polar's Loop tracker is that it not only counts your daily steps, it also provides you with heart-rate based calorie information thanks to its heart-rate strap. We also love the fact that it's fully waterproof, making it one of the most water-sport friendly trackers out there, and ideal for surfers, swimmers, water polo players and triathletes. The fit can be customised to size, and the interface even tells you the time.

Dhs480, available at GoSport, Adventure HQ and City Sports.

2 FitBit Flex

It's no wonder FitBit's Flex is one of the most popular trackers on the market: Its convenient wireless connectivity (it links up via Bluetooth), user-friendly app, stylish design and array of fun colours make it an ideal package through which to track steps taken, calories burnt or activity expended. We love the LED light system that tells you how close you are to your goal, does a sort of digital "happy dance" when you've hit your daily goals, and allows for an easy switch to sleep mode. *Dhs529, available at Virgin Megastore.*

3 Garmin Vivofit

If you're the sort of person who forgets to charge your electronic devices often, this is the band for you: the batteries last an entire year. Its always-on digital display screen makes it easy to track your progress at any given time, although it's not backlit so you won't have to worry about evening glow-worm lights. It's also 50m water resistant, making it a truly 24/7/365 wearable device. Core metrics you can track and scroll through include date, steps taken, calories burned and total distance. *Dhs669, available at www.Garmin.ae.*

4 Jawbone UP24

Sleek, stylish and available in three sizes, Jawbone's new rendition of its popular UP band is now wireless and connects via Bluetooth. Much like its predecessor, the UP24 boasts a slim band in a hypoallergenic rubber, this time with an even more elegant wave design, along with its flower and moon icons to indicate mode. One for design buffs, the app is as beautifully constructed as ever with its fantastic social aspect, and its neat vibration alarms are still around. Just don't wear it in the pool *Dhs659, available at Virgin Megastore.*

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